

New Zealand

1. Per USCINCPACINST 6200.2, Commanders are responsible for an effective Force Health Protection Plan for personnel deploying to locations within the USCP AOR, ensuring implementation of the Plan, for appointing a FHP Officer and assistant who will serve as the Commander's focal point for the planning, coordination, and execution of "real world" force health protection planning for a specific deployment. This is applicable to all assigned and attached personnel, all Department of Defense personnel performing official duties within locations in the AOR, and all U.S. contractor personnel employed directly by the DOD in locations in the AOR.

2. FHP Planning must include the following elements:

a. Health Threat Assessment. This assessment must evaluate known and anticipated health threats/hazards (including endemic diseases, injuries, industrial toxins, and climatic extremes) and the appropriate countermeasures to be taken for each.

b. Health Record and Readiness Screening. Performed prior to deployment. Items identified for screening include: immunizations, HIV testing, TB skin testing, DNA sample on file, current physical exam, dental class I or II, prescription medications on hand, and unresolved health problems (i.e., P-4 profile, limited duty, pregnancy, mental health, etc.) which could disqualify the Service member for deployment.

c. Health Threat Briefing. Must be performed prior to deployment. Attendance must be documented. Minimum contents of a Health Threat Briefing for New Zealand include the following material:

(1) Immunizations.

(a) Personnel must be up to date on all routine immunizations for personnel on deployable or mobility status (tetanus booster, hep A, typhoid, influenza)

(b) Current influenza vaccine. EVEN IF LOCAL FLU SEASON IS PAST AND NEW VACCINE IS NOT AVAILABLE YET.

(c) Special immunizations are not required.

(2) Chemoprophylaxis. Malaria does not occur in New Zealand. Chemoprophylaxis is not required.

(3) Personal Protective Measures. Special measures to prevent insect-borne diseases are not required.

(4) Safe Food and Water. Water, food, and ice are considered as safe in New Zealand as they are in the United States.

(5) Sexually transmitted diseases. STDs are found in every area in the world and can be serious or FATAL (e.g., HIV, gonorrhea, hepatitis B).

(a) Abstinence is the only perfectly safe practice and is recommended.

(b) barrier protection with latex condoms is the only other acceptable option (but can be just as dangerous in case of breakage).

(6) Motor Vehicle and General Safety.

(a) The greatest risk to health for travelers is motor vehicle accidents. Seat belts and extreme caution in and around vehicles must be practiced. All traffic travels on the left in New Zealand.

(b) General safety. Exercise caution in ALL activities to avoid injury of any type.

(7) Environmental Factors.

(a) Heat injury. Climate is temperate. Seasons do not vary greatly. Spells of cool, damp weather occur even in the summer (December through February). Rainy winter days of June, July and August are interspersed with days of sun. Heat injuries can occur and must be avoided. Necessary precautions include drinking water frequently, on a schedule, to avoid dehydration; adhering to safe work-rest cycles during extreme conditions; and careful observation of teammates to detect warning signs of heat injury such as mental status changes and cessation of sweating.

(b) Sun injury. Sun exposure can be intense. Wide-brimmed hats, long sleeves and trousers, and liberal use of SPF 15 or greater sunscreen are recommended precautions.

(c) Environmental and industrial pollution. In winter the smog problem in Christchurch is significant and likely to cause worsening of symptoms in people with respiratory diseases.

(8) Hazardous Plants and Animals.

(a) Rabies. Rabies does not occur in New Zealand.

(b) Snakes. There are no snakes or poisonous creatures except for the very rare coastal katipo spider.

(c) Marine life. Sharks, jellyfish, sea snakes and other dangerous marine animals live in the water near New Zealand.

(9) Personal Health and Fitness. Try as much as possible to maintain a healthful regimen of hygiene and fitness. Regular bathing, hand washing, and frequent changes of undergarments, including socks, are important. When exercising outdoors, be aware that shorts and tank tops will make you more susceptible to sunburn.

(10) Other comments. New Zealand is a highly developed, stable parliamentary democracy which recognizes the British monarch as sovereign. Obtain the latest State Department advisory and Consular Information Sheet prior to travel (available at <http://travel.state.gov>).

3. Assistance with Health Threat Assessments, Health Threat Briefings, and countermeasures planning can be obtained from the following sources:

a. Preventive Medicine Department, Tripler Army Medical Center, phone (DSN or 808)433-6693

b. Pacific Air Forces Public Health Officer, Hickam Air Force Base, phone (DSN or 808)449-2332, x269

c. Epidemiology Department, Navy Environmental and Preventive Medicine Unit 6, phone (DSN or 808)473-0555.